These foods can keep you alive in the forest.
But only if you keep the forest alive.

CATTAIL
They grow 7 or 8 feet tall in marshes. The young underground shoots taste like celery and cucumber. Eat them raw, boiled or baked.

DANDELION
The young leaves of this familiar weed are good in salads. The older leaves need cooking—and butter, salt and pepper.

THISTLE
This relative of the artichoke has a good heart, but be careful with the prickles. Cook the whole flower, then peel it away, and get right to the delicious heart of it.

SOW THISTLE
Choose the larger, larger leaves, and cook in a pot with onions and butter. Add rice for a heartier meal.

LAMB'S QUARTER
Steam the leaves with onions or garlic. Season with herbs. And enjoy one of the most delicious wild dishes in the great outdoors.

AMARANTH
Cook the leaves and tender stems with a touch of onion. This plant, also called "pigweed," tastes better than spinach.

ONION
If it does not have that old familiar onion smell, do not eat it. It could be poisonous. But if it does smell strongly of onion, you can eat it in soups, salads, or any way you like. Enjoy.

WATERCRESS
Here's a recipe—heat 3 cups milk with 1½ teaspoons salt. Add 1 cup chopped watercress to milk and simmer, covered, for 3 minutes. Add 1 cup milk or cream, cover, and heat for 5 minutes. Do not boil. Add paprika and enjoy!

ASPARAGUS
Make soup. Or steam and eat with butter, salt and pepper. Either way it's a treat.

ACORNS
You can process acorn flour and add it to other flour to make bread. But you need a book to tell you how.

WILD BUCKWHEAT
The old, browned flowers can be crumbled and used half and half with wheat or corn flour for muffins or pancakes.

DOCK
The tart, tangy-tasting leaves add a punch to a salad.
MUSTARD
Toss young leaves in a salad. Garnish with the yellow flowers.
SHEPHERD'S PURSE
Tastes like a mild watercress. The seed pods look like pretty little Valentine hearts, but they have a peppery taste.
SWEET ALYSSUM
A member of the mustard family, the flowers are a spicy addition to a salad.
ROSES
Gathered first thing in the morning, rose petals make a tasty and beautiful topping for a tossed salad.
PURSLANE
Tastes great with thin-sliced onion rings and a dressing of oil and vinegar.

WILD SALAD

GRAPES
A juicy snack to quench your thirst.

BLACKBERRIES
A sweet treat if you're lucky enough to find some.

WHITE SAGE
A lovely after-dinner drink.

PINE
All pine needles are rich in Vitamin C, and they are pleasant to chew on. Or steep them in boiling water, and drink a tea that smells like Christmas.

HOREHOUND
Make tea from the leaves. It has strong, bitter, minty taste. Honey makes it better.

SPEARMINT
Others, like peppermint and bergamot mint, all make wonderful, aromatic tea.

Eat, drink, and be careful.
Please.

Take care with each plant that you find to eat. Don't pull it up by the roots. Pick the leaves carefully, and leave it to grow.

And remember to be careful with fire. Only you can prevent forest fires.

It is important to gather more information about wild plants before you gather them to eat. Check out the following books:

1. *Guide to Wild Foods* by Christopher Nyerges.
2. *Stalking the Wild Asparagus* by Euell Gibbons.
3. *The Wild Food Trailguide* by Alan Hall.
4. *Wild Greens and Salads—A Cookbook* by Christopher Nyerges.

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